

What is claimed is:

1. A composition comprising beta glucan and lactoferrin.
2. The composition of claim 1, wherein the composition is a solid.
3. The composition of claim 1, wherein the composition is in the form of a capsule, lozenge, chewable lozenge, tablet, chewable tablet, or chewable gum.
4. The composition of claim 1, wherein the composition is a liquid.
5. The composition of claim 1, wherein the beta glucan is mushroom beta glucan, yeast beta glucan, or oat beta glucan.
6. The composition of claim 1, wherein the beta glucan is yeast cell wall beta glucan.
7. The composition of claim 1, wherein the concentration of beta glucan is about 1 weight percent to about 10 weight percent.
8. The composition of claim 1, wherein the lactoferrin is mammalian lactoferrin.
9. The composition of claim 1, wherein the lactoferrin is bovine milk lactoferrin.
10. The composition of claim 1, wherein the concentration of lactoferrin is about 0.25 weight percent to about 2.5 weight percent.
11. The composition of claim 1, wherein:
the concentration of beta glucan is about 1 weight percent to about 10 weight percent; and
the concentration of lactoferrin is about 0.25 weight percent to about 2.5 weight percent.
12. The composition of claim 1, further comprising at least one nutritionally acceptable carrier.
13. The composition of claim 1, further comprising at least one nutritionally acceptable diluent.
14. The composition of claim 1, further comprising at least one nutritionally acceptable flavoring.
15. The composition of claim 1, wherein the composition is prepared in an oral dose

16. A composition comprising:
about 1 weight percent beta glucan to about 3 weight percent beta glucan;
about 0.5 weight percent lactoferrin to about 1.5 weight percent lactoferrin; and
about 5 weight percent nutritionally acceptable flavoring to about 7 weight
percent nutritionally acceptable flavoring.
17. A composition comprising:
about 2 weight percent beta glucan;
about 1 weight percent lactoferrin; and
about 5.7 weight percent nutritionally acceptable flavoring.
18. A composition consisting essentially of:
about 2 weight percent beta glucan;
about 1 weight percent lactoferrin;
about 5.7 weight percent lemon flavoring;
about 50 weight percent mannitol;
about 40.8 weight percent sorbitol; and
about 0.5 weight percent silicon dioxide.
19. A method of treating an individual afflicted with cancer, the method comprising
administering to the individual a composition comprising beta glucan and
lactoferrin.
20. A method of treating an individual infected with bacteria, the method comprising
administering to the individual a composition comprising beta glucan and
lactoferrin.
21. A method of treating an individual infected with a fungus, the method comprising
administering to the individual a composition comprising beta glucan and
lactoferrin.
22. A method of treating an individual infected with a virus, the method comprising
administering to the individual a composition comprising beta glucan and
lactoferrin.

24. A method of preventing or delaying the onset of septicemia in an individual , the method comprising administering to the individual a composition comprising beta glucan and lactoferrin, whereby the onset time of septicemia is longer than the onset time of a similar individual to whom the composition is not administered.